

Southern Chicken Fried Steak

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-stewed-beef-tips-recipe>

Ingredients:

- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 2 cups buttermilk
- 1 1/2 pounds beef thin, 1/4 inch thick cut, sirloin, lean chuck steak, or other mostly lean meat
- 2 packages gravy mix Pioneer, or see the recipe for gravy
- gravy
- 2 tablespoons butter
- 2 1/2 tablespoons flour
- 1 3/4 cups whole milk
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 150 milligrams
4. Fat: 38 grams
5. Fiber: 2 grams
6. Protein: 48 grams
7. SaturatedFat: 17 grams
8. Sodium: 1270 milligrams
9. Sugar: 12 grams
10. TransFat: 1.5 grams

Thank you for visiting our website. Hope you enjoy Southern Chicken Fried Steak above. You can see more 16 southern stewed beef tips recipe They're simply irresistible! to get more great cooking ideas.